

# WESTERLY VIEW

## July 2025



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**Work Orders or General Questions** Call 216-521-0053 – Dial by Extension

**Property Administrator**

Meghan Curran Ext. 6— [mcurran@bartoncommunities.org](mailto:mcurran@bartoncommunities.org)

**Administrative Coordinator**

Arianna Cook Ext. 3 — [acook@bartoncommunities.org](mailto:acook@bartoncommunities.org)

**Compliance Manager**

Nicole Garner Ext. 4 — [ngarner@bartoncommunities.org](mailto:ngarner@bartoncommunities.org)

**Occupancy Specialist**

Mary-Francis Miller Ext. 1 — [mmiller@bartoncommunities.org](mailto:mmiller@bartoncommunities.org)

**Leasing Assistant**

Terrell Lewis Ext. 2— [tlewis@bartoncommunities.org](mailto:tlewis@bartoncommunities.org)

**Front Desk Coordinator**

Brenda Colbert Ext. 0— [bcolbert@bartoncommunities.org](mailto:bcolbert@bartoncommunities.org)

**Service Coordinators** Press 3 or Dial by Extension

**WI South Building**

Debbie Magda-Vukmanic Ext. 8 — [dvukmanic@bartoncommunities.org](mailto:dvukmanic@bartoncommunities.org)

**WII North Building**

Paul Keiper Ext. 7 — [pkeiper@bartoncommunities.org](mailto:pkeiper@bartoncommunities.org)

**WIII West Building**

Milica Djordjevic Ext. 9 — [mdjordjevic@bartoncommunities.org](mailto:mdjordjevic@bartoncommunities.org)

**Maintenance & Custodial Team**

Tim Ferris — Maintenance Superintendent

Allen Roslan—Maintenance Tech

Marlon Wilson — Maintenance Tech

Carolyn Copeland — Lead Custodian WIII West Building

Angela – Custodian WII North Building –

Arri – Custodian WI South Building

**AFTER-HOURS URGENT MAINTENANCE REQUESTS ONLY 216-521-2141**

\*This phone is not answered during business hours\*

# Service Coordinators Corner

## MARK YOUR CALENDARS

Lakewood Community Service Center (LCSC): The third Friday grocery delivery will be July 18th between 3:30 pm and 5 pm. You **must** be in your apartment to receive your bag/bags. If you will not be home, if you no longer want to receive groceries, or you want more information about the monthly delivery, please contact your Service Coordinator.

### Looking Ahead:

**Westerly Apartments'**  
**2025 Annual Health and Wellness Fair**  
**Wednesday, August 13th**  
**10 am to 1 pm**  
**Barton Center/Ground Floor of Westerly Apartments**

### Foods that Help You Sleep

(from: <https://www.ncoa.org/article/foods-that-help-you-sleep/>)

Sleeping well rejuvenates us. It supports our physical and mental health, helps us better regulate our emotions, and even boosts our memory. That's why we should aim for the recommended seven to nine hours of quality sleep each night. Still, as many as one in three adults in the U.S. falls short of this goal.

There is no "magic bullet" diet for better sleep, said Gretchen Dueñas-Tanbonliong, NCOA Center for Health Aging Associate Director of Health and Wellness. "If you have a disorder like sleep apnea, experience chronic pain, or live with depression, you likely will need to incorporate several complementary strategies for getting better sleep," she advised. "These may include working with your health care provider, taking certain medications, and adopting healthy habits like getting more exercise and limiting your alcohol intake."

# Service Coordinators Corner

Sleep researchers and registered dietitian nutritionists have discovered that certain foods can make a difference at bedtime. Some are packed with vitamins, minerals, and other nutrients known to induce sleep; others contain sleep-related hormones or their building blocks.<sup>5</sup> These include (but aren't limited to):

## **Magnesium**

Magnesium is a precursor, or building block, for melatonin—which is a key sleep-promoting hormone. Magnesium also may reduce levels of cortisol (a stress hormone); relax the muscles; and calm the nervous system.

## **Melatonin**

Our bodies naturally produce melatonin, which signals our brains that it's time to sleep. But certain things, like exposure to blue light, can interfere with this process; and reduced melatonin levels can disrupt our natural sleep cycle.

## **Serotonin**

Serotonin is a chemical normally produced in our brain and our digestive system. On its own, serotonin plays a key role in how long and well we sleep; it's also necessary for our bodies to produce melatonin.

## **Tryptophan**

Many foods—especially those high in protein—include this amino acid, which our bodies convert into important molecules and chemicals that promote sleep, among other functions. These include both serotonin and melatonin.

“When we eat foods containing these ingredients, we potentially can improve the quality and duration of our sleep,” Dueñas-Tanbonliong said. “As always, though, be sure to consult with your health care professional before adding something new to your diet.”

If you find yourself tossing and turning at night, give these eight research-backed, sleep-inducing foods a try.



# Service Coordinators Corner

The best foods for sleep are ones that boost serotonin and melatonin levels. But you also must enjoy eating them! Look at the list below and choose one or more that you know you like and expand your horizons from there.

## **Cheese**

Studies show a direct relationship between cheese and sleep. That's because cheese contains both tryptophan and more: things like magnesium, zinc, and Vitamin B6, all of which help our bodies convert tryptophan into serotonin and melatonin.

If you don't have a dairy intolerance, eating a small evening snack of cheese might help lull you into la-la land. And—since healthy carbohydrates naturally boost the serotonin levels in our brains Dueñas-Tanbonlong advised pairing a few small cubes with some whole-grain crackers.

## **Kiwi**

This little green fruit packs a night-time punch—one that just might knock you out in a good way. In fact, adults who once struggled to fall asleep report that eating a few kiwis at night made a noticeable difference.<sup>1</sup> Kiwis contain high levels of serotonin, so it makes sense that they make you drowsy. They also contain anti-inflammatory compounds, which also can help calm certain bodily processes and ease you into slumber. Kiwis make a light snack, too, so they're ideal to try later in the evening.

## **Nuts and seeds**

Many nuts and seeds contain magnesium, melatonin, tryptophan, or all three. Some of the best choices include almonds, cashews, pistachios, walnuts, pumpkin seeds, and sesame seeds.

Unless you have an allergy to them, nuts, seeds, and nut butters make an ideal and easy addition to dinner salads, soups, and smoothies. They're also a great source of healthy protein (see the section on turkey, below, for more info on that). For a light snack before bedtime, try adding a small handful of nuts to your cheese and crackers, or spread some almond butter onto a plain rice cake.

# Service Coordinators Corner

Speaking of rice: white or brown, this carbohydrate boosts serotonin. Of the two, whole-grain (brown) rice is better—because it contains higher amounts of fiber, certain B vitamins, potassium, iron, magnesium, and tryptophan. That means brown rice not only is good for your sleep, it's part of a healthy diet, too. Pair a few ounces of brown rice with your dinner to reap the benefits of both.

## Tart cherry

Also called “sour cherry,” tart cherry contains high levels of dietary melatonin and also has been shown to increase melatonin levels in the body. One clinical trial showed that adults age 50 and over with persistent insomnia slept better and for longer after drinking tart cherry juice.

Two caveats here, Dueñas-Tanbonliong pointed out. First, read your labels. Tart cherry is—well—tart, so many juice brands add sugar. Look for brands with little to no added sugar, especially if you have diabetes. Second, avoid drinking anything too close to bedtime; nocturia—having to pee at night—most definitely will interrupt your sleep.

## Turkey

Plenty of studies have shown that turkey alone won't conk you out; its value to sleep rests on the fact that it's packed with tryptophan. “This isn't a situation of piling a plate full of drumsticks before you turn in,” Dueñas-Tanbonliong said with a chuckle. “It's a situation of helping your body better produce serotonin and melatonin over time.”

As a healthy lean protein, turkey makes a great choice for a balanced plate. According to official dietary recommendations, most adults should get around 1.0–1.2 grams of protein for every 2.2 pounds they weigh. So, if you weigh 150 pounds, you should aim to eat between 68–83 grams of protein each day. Ideally, you will spread this out over several meals. (One 3-ounce serving of lean white meat equals around 20 grams of protein). As with any heavier meal, try to avoid eating turkey within four hours of bedtime.

# Service Coordinators Corner

Of course, getting better sleep depends on more than diet alone. Practicing good “sleep hygiene” (nighttime habits that promote sleep) is important, as well as managing other lifestyle and health variables.

## **Check the temperature in your bedroom**

It can be hard to sleep when it’s too hot or too cold. If you’re constantly tossing off the covers—or piling extra blankets on your bed—adjusting the thermostat can be a good place to start.

## **Make other improvements in your sleep environment**

Blue light is bad for sleep. Put away your phone and tablet well before bedtime and create a calming environment in your bedroom: dim the lights; listen to soothing music; spray lavender on your pillow.

## **Talk with your doctor**

Many health conditions can cause insomnia—including chronic pain, sleep apnea, restless leg syndrome, and depression. Consult your provider if you struggle with poor sleep, excessive daytime sleepiness, or other troubling symptoms.

## **Investigate high-quality bedding**

Should you upgrade your mattress? If you snore, can’t find a comfortable sleeping position, or are a “hot sleeper,” the right mattress can make a difference. If you’re in the market for one, be sure to check out our comprehensive reviews of best mattress for back pain, neck pain, sciatica and more.

Try combining these foods with other good sleep practices, like limiting screen time and investing in the best mattress you can afford, to reap the many positive benefits to your physical and mental health.

Westerly Service Coordinators Bring You:

# **ALAN RITVO, RIVERVIEW MARTIAL ARTS**

Join us in learning self-defense  
awareness, prevention and basic  
self-defense strategies

**Date: Wednesday, July 16<sup>th</sup>, 2025**

**Time: 1:30pm-2:30 pm**

**Location: Carr Lounge**

**Free Raffle to Giant Eagle**





**DATE: 07/25/25**

**TIME: 12:00pm-1:00pm**

**LOCATION: Barton  
Center Dining Room**

**Raffle to Giant  
Eagle**

**O'Neill  
Healthcare**

**WHICH ONE IS RIGHT  
FOR YOU?  
INDEPENDENT LIVING,  
ASSISTED LIVING, OR  
NURSING HOME**

Enjoy a complimentary lunch while gaining valuable insights from O'Neill Healthcare's, Anne Murphy to recognize what kind of environment is right for you

**YOU MUST REGISTER IN ADVANCE: Sign-up sheets located at the Transportation Desk. Contact your Service Coordinator with Questions!**



# Service Coordinators Corner

*Annual Westerly  
Apartments*

## SENIOR HEALTH & WELLNESS FAIR

Wednesday, August  
13th

10:00am-1:00pm

Learn about valuable  
resources



Get Free  
Screenings &  
Information

*Cholesterol, blood  
pressure, diabetes,  
and more*

14300 Detroit Avenue  
Lakewood Ohio



# *A Word from the Property Manager*

**Dear Residents of the Westerly Apartments**

**It was great to see all the residents at the town hall meeting with Tristan Rader and Nickie Antonio.**

**As we continue to make improvements throughout the property, you will also notice some staffing changes. We have brought on Angela to help with custodial responsibilities in the North building. We have Sir Robert assisting in the maintenance department. Be sure to say hi and welcome them to the Westerly team.**

**If you have any questions or would like to schedule a meeting, don't hesitate to reach out. I'm here to connect and support our team's success.**

**Together, let's continue to cultivate a community rooted in kindness as we confidently tackle our challenges ahead.**

**Thank you!**

**Best,  
Meg**

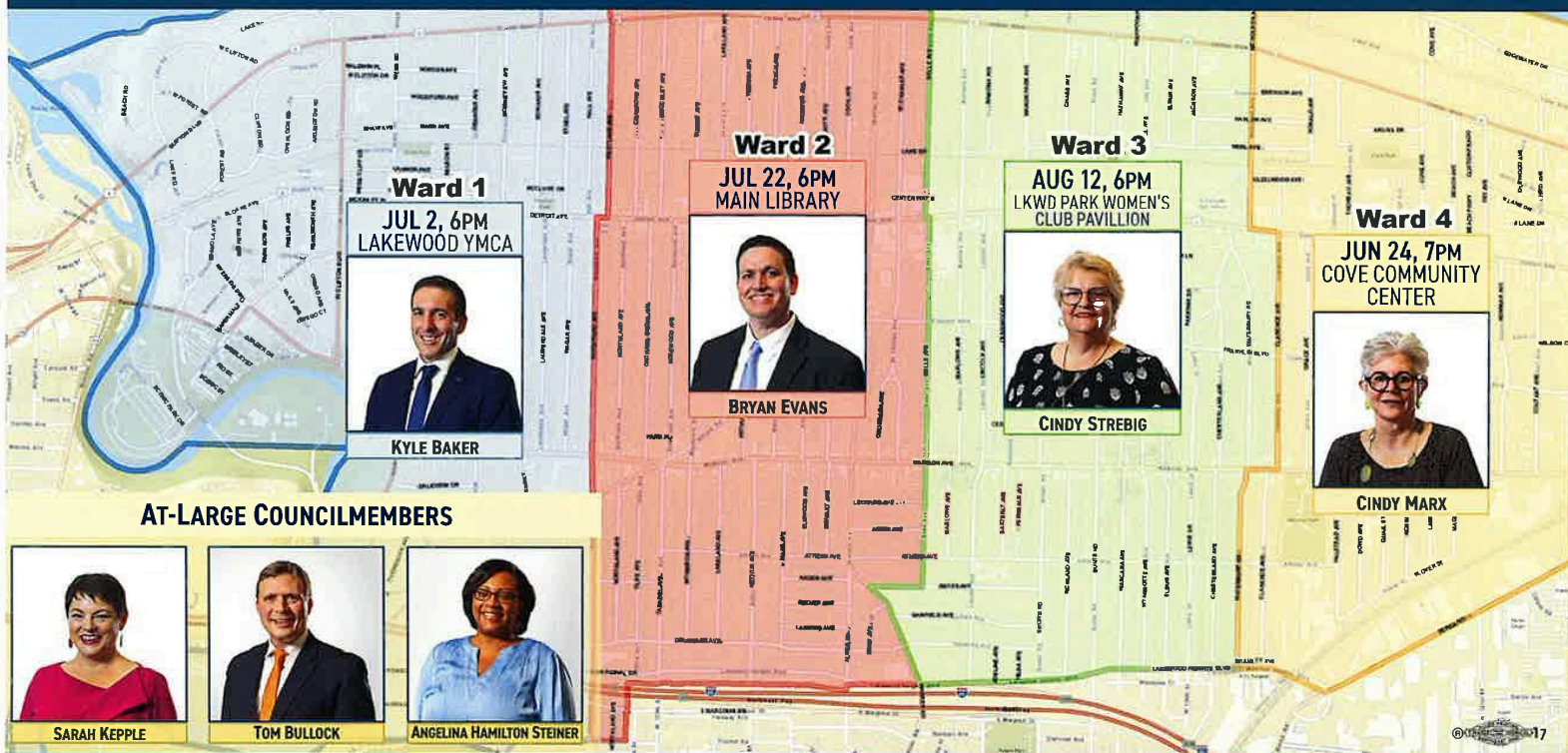






# COMMUNITY CONVERSATIONS

Meet your City Councilmembers in your neighborhood this summer!



ASK QUESTIONS | MEET NEIGHBORS | DISCUSS IDEAS | SHARE CONCERNS

## Ohio House District 13

*Serving Lakewood and  
Cleveland's West Side*



Find your district at:  
<https://ohiohouse.gov>

### Contact Rep. Rader

#### Email:

[Rep13@ohiohouse.gov](mailto:Rep13@ohiohouse.gov)

#### Call:

614-466-5921

#### Address:

77 S. High Street, Floor 10  
Columbus, Ohio 43215

#### Web:

<https://ohiohouse.gov/members/tristan-rader>

### Dear District 13 Resident:

It is truly an honor to serve as your state representative. I am deeply committed to ensuring our district remains a place where everyone can thrive -- whether that means living, working, raising a family, or retiring in a community that is just, equitable, and sustainable.

As your representative, I will continue to fight for the issues that matter most to our families -- expanding access to clean energy, creating well-paying jobs, advocating for affordable housing, and making sure every Ohioan has access to opportunities they deserve.

I believe in the power of collaboration to bring about meaningful change. That's why I prioritize building relationships with colleagues on both sides of the aisle to push forward innovative, bold solutions for the people of Ohio.

I look forward to meeting you at upcoming events throughout the district, and you're always welcome to contact my office at the Statehouse.

Together, we can build a more sustainable, equitable future for our families and communities.

Best wishes,



## STATE REPRESENTATIVE TRISTAN RADER



## LOCAL CONTACTS

### Cuyahoga County:

Board of Elections  
(216) 443-8683

Common Pleas Court  
(216) 443-8560

Jobs and Family Services  
(844) 640-6446

County Fiscal Officer  
(216) 443-7010

### Lakewood Residents:

City Hall  
(216) 521-75800

City Council  
(216) 529-6055

Court  
(216) 529-6700

Streets  
(216) 529-6810

Dept. of Building & Housing  
(216) 529-6270

Police Non-Emergency  
(216) 529-6700

### Cleveland Residents:

Law Department  
(216) 664-2800

Division of Streets  
(216) 664-2141

Citizen Support Specialists  
3-1-1

Dept. of Building & Housing  
(216) 664-2282

Greater Cleveland Works  
216-777-8200

## COMMITTEES

- ENERGY
- NATURAL RESOURCES
- COMMERCE & LABOR
- GOVERNMENT OVERSIGHT

### Upcoming Dates for Coffee with Rep. Rader

- June 27, 9-11am @ Koffie Cafe  
(2517 Market Ave., Cleveland, OH 44113)
- July 12, 10am-12pm @ Panera Bread  
(14701 Detroit Ave., Lakewood, OH 44107)
- July 26, 10am-12pm @ Floressa  
(3328 W. 33<sup>rd</sup> St., Cleveland, OH 44109)

## STATE CONTACTS

**Unemployment Compensation**  
(877) 644-6562

**Department of Medicaid**  
(800) 324-8680

**Veteran Services**  
(614) 644-0898

**Dept. of Transportation**  
(216) 581-2100

**Bureau of Motor Vehicles**  
(844) 644-6268

**Dept. of Education & Workforce**  
(877) 644-6338

**Ohio Department of Taxation**  
(800) 282-1780

**Ohio Department of Insurance**  
(800) 686-1526

**Governor's Office**  
(614) 644-4357

**Attorney General**  
(800) 282-0515

**Legal Aid Society of Cleveland**  
(216) 687-1900

**Greater Cleveland Food Bank**  
(216) 738-2067

**Power Outages/Bills**

AEP - 800-672-2231  
Cleveland Public Power - 216-664-3156  
First Energy - 1-888-544-4877